

# Brittany B.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Physiology from California State University Chico
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Competitive swimmer for 11 years
- Lifeguard and Swim Coach for 7 years
- HIIT- High Intensity Interval Training



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